

Paragraph

However, this change in diet can have some serious effects. One effect is on health. Many individuals are becoming fat. These people are more likely to have conditions such as heart disease and diabetes. (Northwestern University 2006) Another result of fast food is the loss of the family tradition of eating together. Children and adults rarely eat together now, and thus get less opportunity to talk. (Knott 2008)

List of References

Knott, C 2008, 'Turning Meal Time into Family Time', *Obesity Treatment*, viewed 23 April 2011, <<http://www.obesity-treatment.com/feature/turning-meal-time-family-time?page=2>>

Northwestern University 2006, 'Obesity In Middle Age Raises Heart Disease, Diabetes Risk In Older Age', *ScienceDaily*, viewed 23 April 2011, <<http://www.sciencedaily.com/releases/2006/01/060112022352.htm>>

Notes on References and Sources

Reference:

Knott, C 2008, 'Turning Meal Time into Family Time', *Obesity Treatment*, viewed 23 April 2011, <<http://www.obesity-treatment.com/feature/turning-meal-time-family-time?page=2>>

Source:

Turning Meal Time into Family Time

Submitted by Catherine Knott on Tue, 05/27/2008 - 21:54.

Some of our best memories from childhood usually center on food: turkey and sweet potatoes and pumpkin pie at Thanksgiving, special treats and family traditions on holidays, birthday cake and ice cream, and perhaps a family ritual of dining out at a favorite restaurant. What happens when we subtract the cultural meaning from food, and take away the wonderful gift of having time to eat together with friends and family? Besides a loss of culture and social bonding, a whole host of problems can ensue, from poor nutrition and overeating to inappropriate dieting and eating disorders in teenagers...

Notes:

- The author's name is Catherine Knott. Knott is her family name. In a reference, family name comes first, followed by a comma, and then first letter of the given name, like this: Knott, C
 - The name of the website is "Obesity Treatment," so it comes after the name of the article.
 - Microsoft Word often formats the internet address as a hyperlink. (<http://www.obesity-treatment.com> ...) You must remove the hyperlink. (<http://www.obesity-treatment.com>...)
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Reference:

Northwestern University 2006, 'Obesity In Middle Age Raises Heart Disease, Diabetes Risk In Older Age', *ScienceDaily*, viewed 23 April 2011, <<http://www.sciencedaily.com/releases/2006/01/060112022352.htm>>

Source:

Obesity In Middle Age Raises Heart Disease, Diabetes Risk In Older Age

ScienceDaily (Jan. 12, 2006) — Obesity in middle age -- even without established cardiovascular disease risk factors such as high blood pressure or high cholesterol levels -- greatly increases risk of hospitalization for and death from heart disease and diabetes in older age, according to a study in the Jan. 11 issue of the Journal of the American Medical Association...

Notes:

- This article doesn't give an author, but it was adapted from materials provided by Northwestern University, so Northwestern University is cited as the author.
- It is on the ScienceDaily website, so ScienceDaily is after the title of the article.